

Summer/Autumn 2021

Tao Qigong

Fitness workout

in Oxford

with Gabrielle Euteneuer

Senior Instructor & Yoga, Qigong & Tai Chi Teacher

Weekly classes

Tao Yoga

Wednesdays 6.30pm*Flexibility / Inner Relaxation***Tao Yoga**

This is a slow-paced **Yoga** class with aspects of Taoist traditions.

- ▶ By practicing regularly **Yoga** will release endorphins that improve your mood and helps you sleep better
- ▶ Increase muscle tone and strength
- ▶ Improve flexibility, improve stamina, and help open up areas around the joints

Wednesdays 6.30pm

- 60 minutes

Tuition fee: \$85 8 weekscasual **\$15**

You can join casual

Venue: (all classes are indoors):**Jaycee Hall** in Oxford**Fridays 9.30am***Gain Vitality / Reduce Stress***Qigong for the season**

Learn enjoyable exercises in sitting, standing and moving postures

- ▶ **Qigong** provides info how the seasons affect the body and ways to stay healthy and offers simple exercises to support the balance.
- ▶ **Learning Qigong** can help you feel, move and work with energy in your body. It is a powerful way to become more fully alive and conscious.

Fridays 9.30-10.45am**Qigong tuition fee:**

\$98 for 8 sessions or

\$16 casual

All classes are open for bookings.

Booking is essential

Mon 10am Wed 5.25pm Fri 11am*Gain Strength / Improve Posture***Yoga Fitness workout**

Starting with movements of **Tai Chi** to warm up and to bring you into your body.

Yoga and **Qigong** open up, balance and strengthen the body. Including hips and joints.

Pilates is a low-impact exercise discipline that is fantastic for strengthening muscles, promoting movement control, and building endurance.

Fridays 11am**Wednesdays 5.25pm****Mondays 10am****Fitness tuition fee:**

\$70 for 8-week term or

\$14 casual

Enrol now:

To register please email: info@taomotion.co.nzVisit our website: www.taomotion.co.nz

or call/text Gabrielle

027 225 1646